Lentil Tacos

Serves: 8
Prep: 20 minutes | Cook: 30 minutes

INGREDIENTS

- 3 cups water
- 2 cups dry brown lentils
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 medium onion, diced
- 1 tablespoon taco seasoning
- 1 teaspoon salt
- 1 tomato, diced
- 1 large avocado, diced
- 8 ounces reduced fat sour cream
- 8 corn tortillas

DIRECTIONS

1. Bring water to a boil in a sauce pot, then add the lentils. Allow the pot to come back up to a boil, turn the heat to low, and place a lid on top. Simmer for 20 minutes. Drain.

2. Heat olive oil in a large skillet over medium heat. Add the garlic and onion. Sauté for about 3 minutes or until tender.

3. Add lentils and taco seasoning. Cook for about 3 minutes. Season to taste with salt. Toast tortillas in a medium skillet if desired.

4. Top tortillas with lentils, tomato, avocado, and sour cream.

*NSubstitutions

2 cloves garlic —> 1 tsp. garlic powder

Nutrition Information

<table>
<thead>
<tr>
<th>Serving Size: 1 taco</th>
<th>Calories</th>
<th>340</th>
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<tbody>
<tr>
<td></td>
<td>Total fat</td>
<td>12 g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat</td>
<td>3.4 g</td>
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<tr>
<td></td>
<td>Cholesterol</td>
<td>12 mg</td>
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<tr>
<td></td>
<td>Sodium</td>
<td>443 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>45 g</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>18 g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
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